

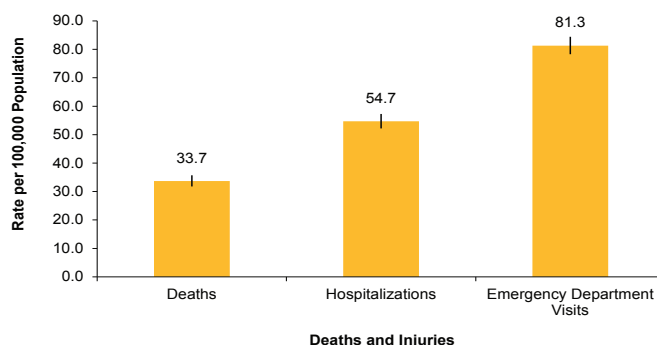
# Suicide in Utah, 2006-2010

## Men (25-64 years)

### Introduction

An average of 402 Utahns die from suicide and 4,152 Utahns attempt suicide each year. Men ages 25-64 comprise 24.5% of the Utah population, and:

**Figure 1: Rate of Suicides and Suicide Attempts, Men Ages 25-64, Utah, 2006-2010**



- **56.4%** of all suicides in Utah, and
- **22.0%** of all suicide attempts\* in Utah.

More men are hospitalized or treated in an emergency department (ED) for suicide attempts than are fatally injured (**Figure 1**).<sup>1</sup>

\*Suicide attempts include persons who are hospitalized or treated in an ED for self-inflicted injuries.

- **Three** men are treated for suicide attempts **every day** in Utah.

who survive suicide attempts are often seriously injured and many have depression and other mental health problems.

### Utah Trends

The 2010 Utah adult male suicide rate was 37.1 per 100,000 population among men ages 25 to 64.<sup>1</sup> Suicide is the fourth leading cause of death for men in this age group.<sup>1</sup>

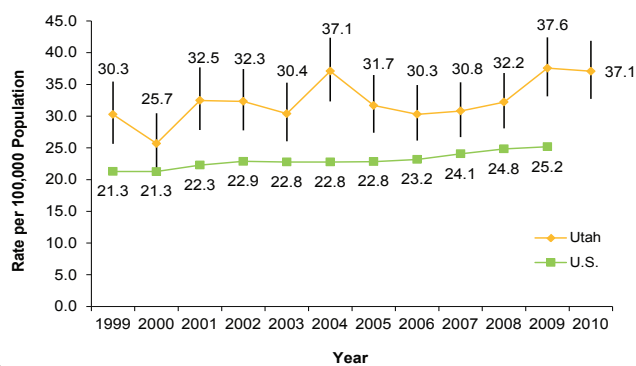
“ I’ve had several friends who committed suicide. They were all guys in their 40s and 50s. Each time it was a big shock to me. But looking back, I realize that the signs were there – isolation, depression, relationship problems ... I would like to be able to recognize signs before a suicide attempt and be able to offer help or refer friends to help. I miss those guys and wish they were still here.



### Utah and U.S.

Utah's adult male suicide rate has been consistently higher than the national rate (**Figure 2**). Utah adult men had the 7<sup>th</sup> highest adult male suicide rate in the U.S. for the years 1999-2010 <sup>2</sup>

**Figure 2: Rate of Suicides by Year, Men Ages 25-64, Utah and U.S., 1999-2010**

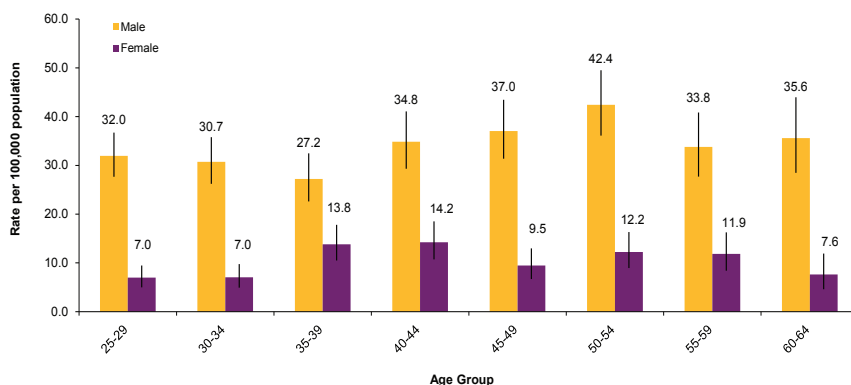


### Age and Sex

Utah adult men (33.7 per 100,000 population) had a significantly higher suicide rate than Utah adult women (10.2 per 100,000 population). Utah adult men had higher suicide rates than Utah adult women in every age group.<sup>1</sup>

Utah adult men ages 50 to 54 (42.4 per 100,000 population) had the highest suicide rates among all age groups (**Figure 3**).

**Figure 3: Rate of Suicide by Age and Sex, Ages 25-64, Utah, 2006-2010**



### Location of Injury

The majority of Utah adult male suicides occurred at a home or apartment (69.3%). The second most common location was inside a motor vehicle (10.4%).<sup>3</sup>

The following small areas had significantly higher rates than the state rate:

#### Highest Adult Men Suicide Rates<sup>1</sup>

- Carbon/Emery Counties, Ben Lomond, and West Valley East

#### Highest Adult Men Hospitalization Rates for Suicide Attempts<sup>1</sup>

- Glendale, Downtown Ogden, Carbon/Emery Counties, Riverdale, Magna, South Salt Lake, Ben Lomond, Taylorsville, Downtown Salt Lake, Tooele County, West Valley West, and Kearns

#### Highest Adult Men ED Visit Rates for Suicide Attempts<sup>1</sup>

- Carbon/Emery Counties, Midvale, Magna, South Salt Lake, Brigham City, Murray, W. Jordan Southeast (2009 and after), West Valley East, West Jordan/Copperton (2008 and before), West Valley West, W. Jordan Northeast (2009 and after), Downtown Salt Lake, Glendale, Taylorsville, Kearns, Holladay, and Cedar City

### Method of Injury

Use of a firearm was the most common method of suicide deaths for Utah adult men followed by suffocation and then poisonings.<sup>1</sup>

## Risk Factors

Risk factors for suicide may include:

- Previous suicide attempt(s)
- History of depression or mental illness
- Alcohol or drug abuse
- Family history of suicide or violence
- Physical illness
- Feeling alone, hopelessness
- Relational, social, work, or financial loss

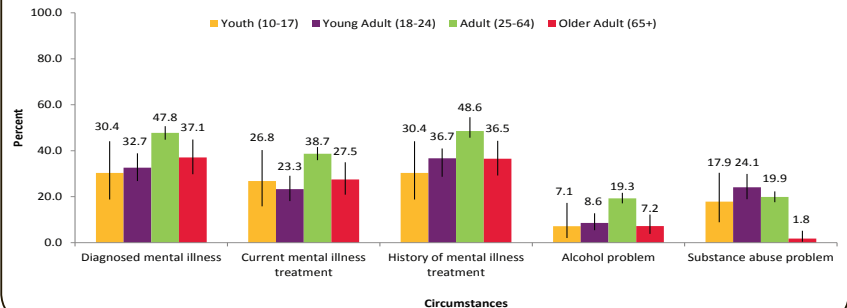
- Leaving a suicide note
- Disclosing their intent to commit suicide
- History of suicide attempts

## Suicide Death Circumstances

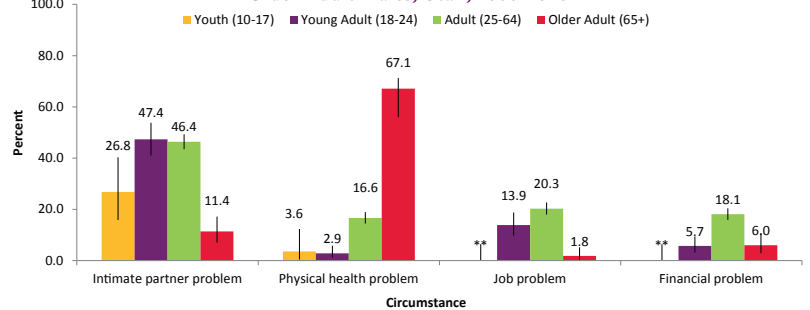
Utah males ages 25 to 64 had significantly higher rates of the following when compared to at least one other age group<sup>3</sup> (Figure 4, Figure 5, and Figure 6):

- Diagnosed mental illness
- Current treatment for mental illness
- History of mental illness treatment
- Alcohol problems
- Substance abuse problems
- Intimate partner problems
- Physical health problems
- Job problems
- Financial problems

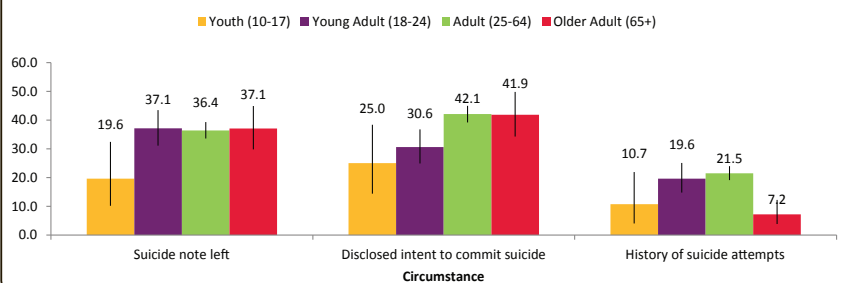
**Figure 4: Percentage of Reported Suicide Circumstances by Youth, Young Adult, Adult, and Older Adult Males, Utah, 2006-2010**



**Figure 5: Percentage of Reported Suicide Circumstances by Youth, Young Adult, Adult, and Older Adult Males, Utah, 2006-2010**



**Figure 6: Percentage of Reported Suicide Behaviors by Youth, Young Adult, Adult, and Older Adult Males, Utah, 2006-2010**



### Cost

The average total charges per year for emergency department visit and hospitalizations for suicide attempts was \$7.5 million for Utah adult men.<sup>1</sup>

### Prevention Tips

- Call for help. Help is available 24 hours a day 7 days a week. If you live in Utah, call the Statewide CrisisLine at **801-587-3000** or call the National Suicide Prevention Lifeline at **1-800-273-TALK**.
- Take any threat of suicide seriously.
- Do not leave the person alone.
- Listen to and don't judge anyone you think may be in trouble.
- Take action. Remove guns or pills to prevent a suicide attempt.



### Resources

- National Suicide Prevention Lifeline [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) 1-800-273-TALK (8255)
- Utah Poison Control Center <http://uuhsc.utah.edu/poison/> 1-800-222-1222
- Suicide Prevention Resource Center [www.sprc.org](http://www.sprc.org)
- National Alliance on Mental Illness Utah Chapter [www.namiut.org](http://www.namiut.org)
- Preventing Suicide: A resource for media professionals [www.who.int/mental\\_health/prevention/suicide/resource\\_media.pdf](http://www.who.int/mental_health/prevention/suicide/resource_media.pdf)

### References

1 Utah's Indicator Based Information System for Public Health (IBIS-PH), 2006-2010 data [cited 2012 July]

2 CDC, Web-based Injury Statistics Query and Reporting System (WISQARS), 2005-2009 data [cited 2012 July]

3 Violence and Injury Prevention Program, 2006-2010 Utah Violent Death Reporting System, Utah Department of Health

*Last updated: September 2012*



If your life has been affected by suicide, the Utah Department of Health wants to hear from you. Share your story with the Utah Health Story Bank at [www.health.utah.gov/bhp/sb/](http://www.health.utah.gov/bhp/sb/).

### Our Mission

VIPP is a trusted and comprehensive resource for data and technical assistance related to violence and injury. This information helps promote partnerships and programs to prevent injuries and improve public health.

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